EDUCATION

Making Healthful Choices When Traditional Cultural Foods Are Not Available

Allina Health

Eating Patterns in the United States

Recommendations

According to the 2015-2020 Dietary Guidelines, a healthful eating plan includes:

- a variety of vegetables (dark green, red and orange, beans and peas, starchy, other)
- fruits (especially whole fruits)
- grains (at least ½ of which are whole grains)
- fat-free or low-fat dairy (milk, yogurt, cheese, fortified soy beverages)
- a variety of protein foods (seafood, lean meats and poultry, eggs, beans and peas, nuts, seeds, soy products)
- oils.

These guidelines also recommend to consume an appropriate amount of calories for your height, weight and activity level.

How Americans typically eat

According to the Office of Disease Prevention and Health Promotion, the typical eating pattern in the United States does not align with the Dietary Guidelines. Most Americans consume:

- **more than is recommended** for added sugars, saturated fats, sodium, refined grains and for some populations, meats
- **less than is recommended** for vegetables, fruits, whole grains, dairy, seafood and oil
- **too many** calories.

It can be a challenge to eat healthy! It can be even more challenging if you are trying to find healthful alternatives to traditional cultural foods you cannot find in the United States.

The following information will help you understand the eating habits of the Hmong, Russian, Somali and Mexican cultures, and give you ideas for how to make healthful choices when foods traditional to each culture are not available.

Hmong

Traditional foods

Foods traditional to the Hmong culture include:

- steamed rice (white)
- meats and fish
- vegetables
- pho (soup made of rice stick noodles, beef steak, beef flavor paste, green onions, cilantro and chili)
- fruit
- eggs
- green papaya salad (made of green papaya, tomatoes, lime, pepper, garlic, shrimp paste, sugar, fish sauce, and a variety of green vegetables)
- herbs and spices such as basil, chilies, cilantro, ginger, green onion, garlic, mint, fish sauce, oyster sauce.

Foods eaten at a special occasion may include:

- sweet bread rolls
- pork or beef stew
- pork or beef curry
- gelatin snacks
- nam vam (tapioca dessert served with sugar syrup, coconut milk and a variety of fruits).

Steamed rice is typically eaten at every meal along with seasoned meats, fish and vegetables. Foods are prepared by boiling, steaming, stir frying, broiling, deep frying or baking. Most Hmong shop at seasonal farmer's markets, oriental grocery stores or local grocery stores to buy fresh fruit, vegetables and herbs. Many families butcher their own meats at local butcher shops in addition to buying meat from local grocery stores.

Pho

Green papaya salad

Healthful options when traditional foods are not available

The next pages will give you recipe ideas for healthful options when traditional Hmong foods are not available.

Sweet and Spicy Pork Chops

Makes 4 servings

Ingredients

¼ cup packed brown sugar
2 teaspoons ground cinnamon
1 teaspoon garlic powder
¼ teaspoon ground cayenne pepper
1 pound pork chops
nonstick cooking spray
1 medium pineapple

Directions

1. In a small bowl, combine brown sugar, cinnamon, garlic powder and cayenne pepper. Rub pork chops with mixture and place in a zip-close bag. Place sealed bag in refrigerator and allow to marinate for 1 to 12 hours.
2. Cut off top of pineapple. Carefully remove the outer skin by cutting down the sides with a knife. Cut into 8 ¾-inch-thick rings. Remove the center (core) with a knife or small biscuit cutter. Place rings in a container, cover and keep cool in refrigerator.
3. Spray grill grate with nonstick cooking spray. Preheat grill to medium-high heat.

(directions continued on back)

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MAIN DISH

Directions (continued)

4. Place pork chops on grill and cook for 6 to 7 minutes. Flip and continue to cook for another 4 to 6 minutes. (If the chops are more than ¾-inch thick, cook 6 to 8 minutes per side.) Pork chops are done when a cooking thermometer inserted into the center of the chop reads 145 F.
5. Place pineapple rings on grill and cook for 1 minute on each side.
6. Garnish each pork chop with 2 hot pineapple rings. Serve warm.

Nutrition Facts

Serving Size 1 pork chop with two pineapple rings (209g)
Servings Per Container 4

Amount Per Serving	
Calories 320	Calories from Fat 110
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 65mg	**3%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 2g	**8%**
Sugars 23g	
Protein 23g	
Vitamin A 4% • Vitamin C 50%	
Calcium 6% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 2

♥ = heart smart **= low sodium** **GF = gluten free**

Visit allinahealth.org/recipes for more healthful recipe ideas.

nutr-ah-56125 (5/14)

Cilantro Stir-fry

Makes 4 servings

Ingredients

1 cup julienned carrots
1 large green bell pepper, cut into thin strips
3 large eggs
⅓ cup chopped cilantro
¼ cup low-sodium vegetable broth
1 tablespoon balsamic vinegar
2 teaspoons dark molasses
1 teaspoon jalapeño jam

1 cup dry brown rice, cooked according to package directions
1 tablespoon extra-virgin olive oil, divided
1 teaspoon fresh grated ginger
4 cloves garlic, minced
¼ cup diced onion
2 cups sliced cremini mushrooms

Directions

1. In a large skillet or wok, heat 2 teaspoons oil over low heat. Add ginger and garlic. Cook for about 1 minute. Add vegetables. Turn heat to high and stir-fry for 3 to 4 minutes. Reduce heat to low, stirring occasionally.
2. In a small bowl, crack eggs and stir with a fork.
3. In a small skillet, heat 1 teaspoon oil over medium heat. Pour in eggs. Cook for 2 to 3 minutes, until almost set. Flip to continue cooking opposite side. Remove eggs from skillet, place on a cutting board and roughly chop. Add chopped eggs to vegetable mixture.

(directions continued on back)

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MAIN DISH

Spicy Steak and Vegetables Over Rice

Makes 4 servings

Ingredients

- 1 pound beef sirloin steak
- ¼ cup canola oil
- 1 large green bell pepper, sliced
- ⅓ cup water
- 1 large red bell pepper, sliced
- 2 tablespoons fresh lime juice
- 1 large yellow bell pepper, sliced
- 3 cloves garlic, minced
- ½ large sweet onion, sliced
- ½ teaspoon freshly ground black pepper
- 20 cherry tomatoes
- ½ teaspoon hot sauce
- 2 cups cooked brown rice
- ¼ cup chopped fresh cilantro

Directions

1. In a small bowl, combine first 7 ingredients to make marinade. Place steak in a large zip-close bag and add marinade. Seal the bag, getting as much air out as possible. Massage the bag until marinade is well-combined with the meat. Place in refrigerator for at least 2 hours.
2. Preheat grill to high heat. Brush the grill grate with canola oil.
3. Remove steak from refrigerator and allow to sit out at room temperature (in the zip-close bag) for 20 minutes before grilling. Remove steak from bag and place on hot grill. Cook 4 to 5 minutes, flip and cook for another 4 to 5 minutes. Remove from grill and set aside.

(directions continued on back)

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MAIN DISH

Directions (continued)

4. In a small bowl, combine cilantro, broth, vinegar, molasses and jam. Stir. Pour over vegetable mixture. Stir until well-combined. Serve over warm rice.

TIP

Not sure how to julienne carrots? After washing the carrots, use a vegetable peeler to get rid of the tough outer skin. Then use a paring knife to cut off the root or stem on each end. Cut each carrot in half lengthwise. Place carrots cut-side down and continue to slice lengthwise into even strips about ¼-inch thick.

♥ = heart smart = low sodium GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

Nutrition Facts

Serving Size 1/2 cup rice topped with 1 cup stir-fry mix (233g)
Servings Per Container 4

Amount Per Serving	
Calories 320	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 90mg	4%
Total Carbohydrate 51g	17%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 10g	

Vitamin A 110% • Vitamin C 45%
Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: eggs
Carb choices per serving: 3 ½

nutr-ah-56374 (12/14)

Directions (continued)

4. Place peppers and onion in a grill pan on the hot grill. Cook for 2 to 3 minutes, stir and add tomatoes. Cook for another 2 to 3 minutes. Remove from grill.
5. Slice steak into strips. Serve steak and vegetables over rice. Add more hot sauce, if desired.*

*Option not included in nutrition facts.

= low sodium = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

nutr-ah-56719 (5/21)

Nutrition Facts

Serving Size 1/2 cup rice, 1/2 cup vegetables and 4 ounces steaks (456g)
Servings Per Container 4

Amount Per Serving	
Calories 430	Calories from Fat 140
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 190mg	8%
Total Carbohydrate 36g	12%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 39g	

Vitamin A 40% • Vitamin C 270%
Calcium 4% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 2

Russian

Traditional foods

Foods traditional to the Russian culture include:

- seasonal soups and stews
- porridge made from buckwheat, millet, semolina, oats, barley and rice (cooked in milk and flavored with butter and sugar)
- meats
- mushrooms
- pelmeni (seasoned, minced meat wrapped in thin dough)
- kotlety (pan-fried meatballs made from beef or pork)
- pirozhki (baked or pan-fried buns stuffed with mushrooms, meat, rice, vegetables)
- blini (thin pancakes made from wheat, buckwheat or other grains)
- vegetables such as cabbage, potatoes and cold-tolerant greens
- kvass (fermented beverage)
- salads made with beets, eggs, carrots, boiled potatoes, meat, peas, pickled vegetables and a variety of other ingredients
- varenye (dessert or condiment made from cooking fruit).

Traditional Russian foods are high in saturated fat, starch and salt. Meats are used in a variety of dishes, including soups. Soups play an important role in most meals and can be served hot or cold (depending on type). Cabbage, apples, tomatoes and other fruits and vegetables are enjoyed in season and are pickled in a brine to use during the winter months.

Pirozhki

Blini

Healthful options when traditional foods are not available

The next pages will give you recipe ideas for healthful options when traditional Russian foods are not available.

Chilled Beet and Red Pepper Soup

Makes 6 servings

Ingredients

- 1 tablespoon extra-virgin olive oil
- ¾ cup diced sweet onion
- 4 medium red bell peppers; tops, ribs and seeds removed, and cut into ½-inch pieces
- 4 medium beets, tops removed, peeled and cut into ½-inch pieces
- 1 ½ cups water
- 3 ½ cups low-sodium vegetable broth
- 2 tablespoons fresh lime juice
- *optional garnishes: salt, goat cheese

Directions

1. In a large saucepan, heat oil over medium heat. Add onion and cook for 3 to 4 minutes or until onions appear clear. Add peppers and beets. Stir. Add water and broth. Bring to a boil. Turn heat down to low and simmer for 45 to 60 minutes, partially covered. Beets should be fork-tender.
2. Remove from heat and let cool for 15 to 20 minutes. Add lime juice. Stir.
3. Working in batches, purée mixture in a blender until smooth. Then transfer to a large bowl. Cover and chill in the refrigerator for at least 2 hours.
4. Serve chilled and garnished with salt* and goat cheese*, if desired.

*Option not included in nutrition facts.

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MAIN DISH

Savory Stuffed Mushrooms

Makes 20 servings

Ingredients

nonstick cooking spray
1 tablespoon extra-virgin olive oil
¼ cup minced onion
3 cloves garlic, minced
4 pieces oil-packed sundried tomatoes, chopped
2 cups finely chopped baby spinach
1 cup finely chopped arugula
1 ½ tablespoons balsamic vinegar
½ cup old fashioned oatmeal, pulsed a few times in a blender
2 ounces fat-free cream cheese, softened
20 medium button mushrooms, stems removed
*optional: parsley, for garnish

Directions

1. Preheat oven to 400 F. Spray a rimmed baking sheet with nonstick cooking spray. Set aside.
2. In a medium skillet, heat oil over medium-high heat. Add onion and garlic. Cook for 2 to 3 minutes. Add tomatoes and spinach. Cook for 2 to 3 minutes. Add arugula. Cook for 1 to 2 minutes. Add balsamic vinegar, oatmeal and cream cheese. Stir over heat until cheese is melted and ingredients are well-blended.
3. Fill each mushroom cap with filling. Place stuffed mushrooms on prepared baking sheet.
4. Bake for 15 to 20 minutes, until lightly browned. Garnish with parsley, if desired.*
5. Serve warm.

*Option not included in nutrition facts.

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APPETIZER OR SNACK

Nutrition Facts

Serving Size 1 1/2 cup soup (421g)
Servings Per Container 6

Amount Per Serving	
Calories 110	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 13g	
Protein 3g	
Vitamin A 50% • Vitamin C 180%	
Calcium 4% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1

TIP

Portion leftovers into single-serve containers, then place in the freezer. You'll have healthful lunches that'll also serve as lunchbox ice packs!

♥ = heart smart = low sodium GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

nutr-ah-57547 (9/16)

Slow Cooker Oatmeal with Apples and Raisins

Makes 8 servings

Ingredients

nonstick cooking spray
3 medium apples, peeled and cut into ½-inch pieces
½ cup seedless raisins
2 ¼ cups fat-free milk
2 ¼ cups water
1 ½ cups steel-cut oats
1 ¼ teaspoons ground cinnamon
*optional toppings: brown sugar, maple syrup, butter, dried cranberries, dried cherries, walnuts, ground flaxseed

Directions

1. Spray the slow cooker with nonstick cooking spray. Add apples, raisins, milk, water, oats and cinnamon. Mix well. Cover and cook on low for 7 to 8 hours.
2. Add optional toppings, if desired.* Serve warm.

*Option not included in nutrition facts.

TIP

To make these apps dairy-free, swap out the cream cheese and use chia seeds instead! Simply soak 2 teaspoons chia seeds in 2 tablespoons warm water for 10 minutes. Then mix the thickened chia seeds into the filling after removing the skillet from heat.

Nutrition Facts

Serving Size 1 mushroom (31g)
Servings Per Container 20

Amount Per Serving	
Calories 25	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 4% • Vitamin C 6%	
Calcium 2% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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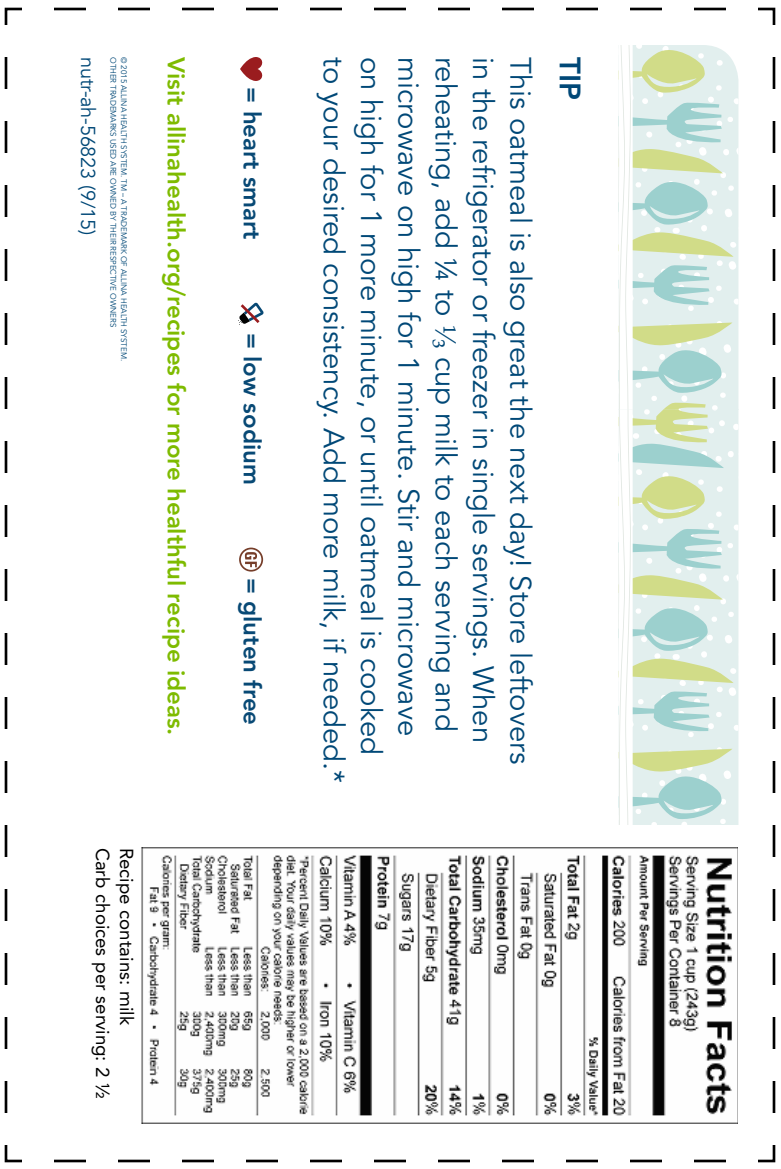
Visit allinahealth.org/recipes for more healthful recipe ideas.

Recipe contains: milk
Carb choices per serving: 0

nutr-ah-56541 (4/15)



Nutrition Facts

Serving Size 1 cup (243g)
Servings Per Container 8

Amount Per Serving	
Calories 200	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	20%
Sugars 17g	
Protein 7g	

Vitamin A 4%	• Vitamin C 6%
Calcium 10%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk
Carb choices per serving: 2 ½

TIP

This oatmeal is also great the next day! Store leftovers in the refrigerator or freezer in single servings. When reheating, add ¼ to ⅓ cup milk to each serving and microwave on high for 1 minute. Stir and microwave on high for 1 more minute, or until oatmeal is cooked to your desired consistency. Add more milk, if needed.*

♥ = heart smart = low sodium GF = gluten free

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nutr-ah-56823 (9/15)

Somali

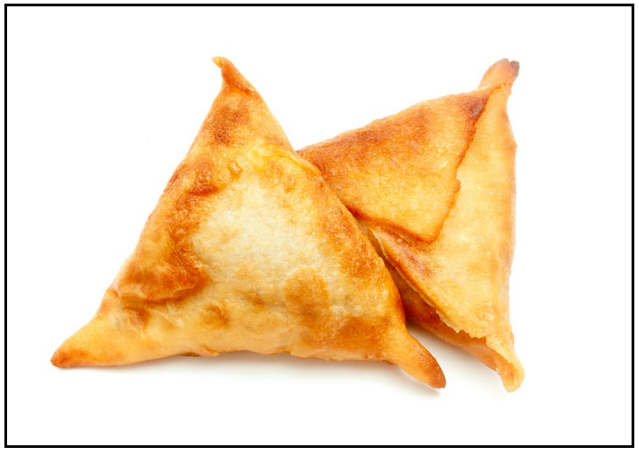
Traditional foods

Foods traditional to the Somali culture include:

- meat (lamb, goat, beef, camel)
- canjeelo (pancake-like sour bread made from a mixture of corn flour and white or wheat flour)
- cambuulo (dish made from corn and beans)
- pasta with tomato and meat sauce
- rice (steamed or fried) cooked with spices and sesame oil
- beans
- ghee (clarified butter)
- sambusa (fried snack stuffed with meat or fish and seasoned with hot chili pepper)
- fruits such as guava, bananas and mango
- dates
- vegetables such as carrots and potatoes
- coffee
- sweet tea
- milk (Camel milk is believed to be best.)
- dolshe (sponge cake made from white flour)
- muufo (homemade bread made from corn flour that is typically eaten with stew).

Frying is the most common way to prepare food. Milk, ghee and meat from sheep, goats, cattle and camel are staples in the Somali diet. Bananas are often served as a side dish. Sweet tea, even as much as 4 to 6 cups, is consumed daily by many. Dolshe is typically enjoyed with sweet tea or coffee as a snack.

Canjeelo



Sambusa

Healthful options when traditional foods are not available

The next pages will give you recipe ideas for healthful options when traditional Somali foods are not available.

Slightly Sweetened Cornbread Muffins

Makes 12 servings

Ingredients

nonstick cooking spray
½ cup unsalted butter, cut into ½-inch slices
⅔ cup yellow cornmeal
1 ⅓ cups flour
1 tablespoon baking powder
¼ teaspoon salt
¼ cup sugar
2 large eggs
½ cup 2% milk
¼ cup low-fat buttermilk

Directions

1. Preheat oven to 350 F.
2. Spray muffin pan with nonstick cooking spray. Set aside.
3. Place sliced butter in a microwave-safe bowl. Microwave (uncovered) on high until melted (about 30 to 45 seconds). Set aside to let cool.
4. In a large bowl, combine cornmeal, flour, baking powder, salt and sugar. Set aside.
5. Place eggs in a small bowl. Whisk lightly. Add milk and buttermilk. Whisk lightly again. Add melted butter and whisk slightly once more.

(directions continued on back)

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SIDE DISH

Slow Cooker Beef Goulash

MAIN DISH

Makes 8 servings

Ingredients

2 pounds beef stew meat, cut into 1-inch cubes
¼ teaspoon ground sage
¼ teaspoon dried marjoram
1 tablespoon paprika
¼ teaspoon freshly ground black pepper
1 large (or 2 medium) yellow onions, chopped
4 to 6 ribs celery, chopped
1 14-ounce can low-sodium diced tomatoes
1 14-ounce can low-sodium beef broth
1 teaspoon Worcestershire sauce
3 cloves garlic, minced
1 tablespoon cornstarch
2 tablespoons water
4 cups whole-grain noodles, cooked and drained

Directions

1. Place beef in a 4-quart (or larger) slow cooker. In a small bowl, combine spices. Mix until blended. Pour spice mixture over meat and toss to coat beef. Add onion and celery.
2. In a small saucepan, combine tomatoes, broth, Worcestershire and garlic over medium heat. Once simmering, pour over meat. Cover slow cooker and cook 4 to 4 ½ hours on high or 7 to 7 ½ hours on low.
3. In a small bowl, combine cornstarch and water. Stir. Add to slow cooker and cook on high, stirring 2 to 4 times, until thickened, about 10 to 15 minutes.
4. Pour 1 cup meat mixture over ½ cup noodles. Serve warm.

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Directions (continued)

6. Using a spatula, create a well by pushing the dry ingredients toward the walls of the bowl. Pour the wet ingredients into the well and stir until just blended. (It's OK to have some small lumps in the batter.)
7. Spoon the batter into the muffin cups, filling each cup ¾ full. Place in the oven and bake for 15 to 20 minutes or until tops of muffins are golden. Muffins are done when a toothpick inserted into the center of a muffin comes out clean.
8. Let cool slightly and serve warm.

Visit allinahealth.org/recipes for more healthful recipe ideas.

nutr-ah-56267 (9/14)

Nutrition Facts

Serving Size 1 muffin (59g)
Servings Per Container 12

Amount Per Serving	
Calories 180	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 280mg	12%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 4g	
Vitamin A 6% • Vitamin C 0%	
Calcium 10% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk, corn, eggs

Carb choices per serving: 1 ½

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'Go Bananas!' Pancakes

Makes 6 servings

Ingredients

nonstick cooking spray
2 large eggs
1 cup fat-free milk
½ cup low-fat buttermilk
¼ cup sugar
3 tablespoons canola oil
2 bananas, mashed
1 cup whole-wheat flour
¾ cup all-purpose flour
2 teaspoons baking powder

Directions

1. Spray a griddle with nonstick cooking spray. Then preheat to 350 F.
2. In a medium bowl, beat eggs. Add milk, buttermilk, sugar, oil and bananas. Mix well. Add flours and baking powder. Mix until just combined.
3. Spoon ¼ cup batter onto prepared griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Flip. Cook for 2 to 3 more minutes or until golden-brown.
4. Serve warm.

TIP

To make meal prep simple and quick, get a head start! The day before your meal, cook and cut the beef into 1-inch cubes. Add the spice mixture and toss until combined. Cover and refrigerate. You can also make the mixture of tomatoes, broth, Worcestershire and garlic, and place it in the refrigerator in a separate storage container.

= heart smart **= low sodium**

Visit allinahealth.org/recipes for more healthful recipe ideas.

nutr-ah-55847 (1/15)

Nutrition Facts

Serving Size 1/2 cup noodles with 1 cup meat sauce (329g)
Servings Per Container 8

Amount Per Serving	
Calories 420	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 140mg	6%
Total Carbohydrate 47g	16%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 33g	
Vitamin A 15% • Vitamin C 15%	
Calcium 2% • Iron 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, corn, may contain anchovies
Carb choices per serving: 3

Mexican

Traditional foods

Foods traditional to the Mexican culture include:

- pan dulce (Mexican pastries)
- coffee
- rice
- corn tortillas and other corn products
- beans
- in-season fruits and vegetables
- eggs
- soup
- meats (beef, fish, shellfish, pork, poultry)
- lard
- spicy and salty foods.

Frying is the most common way to prepare food, which makes the Mexican diet very high in fat. Tortillas are eaten at almost every meal along with coffee with large amounts of milk and sugar. Atole (a warm milk-based beverage flavored with chocolate, fruit or nuts and thickened with corn flour) is another common beverage consumed with meals or dessert.

Spicy foods are a staple in the Mexican diet — even the candy is spicy (pulparindo, tamarindo with chile, lollipops with chile powder on the outside)! To add spice, tajin (a mixture of salt and red pepper powder) is added to fresh fruit and vegetables. Salt is also used in most cooking and many add salt to already-salty dishes before tasting.

TIP

For pancakes that are golden-brown on the outside, and light and fluffy on the inside, resist the temptation to mix the batter to a smooth consistency. The more you mix, the tougher your pancakes will be. Relax — leave some lumps!

Nutrition Facts

Serving Size 3 pancakes (169g)
Servings Per Container 6

Amount Per Serving	
Calories 300	Calories from Fat 80
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 230mg	10%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 9g	
Vitamin A 4% • Vitamin C 6%	
Calcium 20% • Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

♥ = heart smart **= low sodium**

Visit allinahealth.org/recipes for more healthful recipe ideas.

nutr-ah-57661 (12/16)

Recipe contains: wheat, milk, egg
Carb choices per serving: 3

Pan dulce

Corn tortillas

Healthful options when traditional foods are not available

The next pages will give you recipe ideas for healthful options when traditional Mexican foods are not available.

Three-bean Spicy Soup

Makes 12 servings

Ingredients

- 20 cups water, divided
- 1 cup dried pinto beans
- 1 cup dried black beans
- 1 cup dried black-eyed peas
- 3 cups dehydrated mixed vegetable blend
- ¼ cup sun-dried tomatoes
- 3 tablespoons dried onion flakes
- 1 ½ teaspoons Cajun seasoning
- 2 tablespoons dried parsley
- 1 ¼ teaspoons garlic powder
- 2 tablespoons vegetable bouillon granules
- 3 dried bay leaves
- *Optional: tortilla chips, shredded cheddar cheese, sour cream

Directions

1. Rinse and drain beans. In a large stock pot, combine 8 cups water with the pinto beans, black beans and black-eyed peas. Bring to a boil, reduce heat and simmer for 3 minutes. Remove from heat, cover and soak for about 1 hour. Drain and rinse beans.
2. In a large pot, place 12 cups water, prepared beans and remaining ingredients. Bring to a boil, reduce heat and simmer for 1 ½ to 2 hours, until beans are tender.
3. Serve warm. Garnish with tortilla chips, shredded cheddar cheese and sour cream, if desired*.

*Option not included in nutrition facts.

AllinaHealth

MAIN DISH

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Slow Cooker Hot Chocolate

Makes 10 servings

Ingredients

2 cups half-and-half
6 cups 2% milk
1 tablespoon vanilla extract
1 12-ounce bag semi-sweet chocolate chips
2 tablespoons unsweetened cocoa powder
¼ cup sugar
whipped topping*
1 candy cane, crushed*

Directions

1. Place half-and-half, milk, vanilla, chocolate chips, cocoa powder and sugar in a 4-quart (or larger) slow cooker set on low heat. Whisk ingredients to combine. Cover and let cook for about 1 hour.
2. After mixture has cooked for 1 hour, whisk again, cover and cook for another 1 to 1 ½ hours.
3. Garnish with whipped topping and crushed candy cane, if desired. Serve warm.

*Option not included in nutrition facts.

TIP

For a delicious soup with less hands-on time, try this recipe in your slow cooker! To make soup: In your slow cooker, combine 12 cups hot water with the dry ingredients. Cover and cook on high for 4 to 5 hours or on low for 8 to 10 hours. Add more hot water, if needed. Garnish with tortilla chips, shredded cheddar cheese and sour cream, if desired.*

♥ = heart smart ⊘ = low sodium GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

nutr-ah-56373 (12/14)

Nutrition Facts

Serving Size 1 1/2 cup (306g)
Servings Per Container 12

Amount Per Serving	
Calories 220	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 43g	14%
Dietary Fiber 8g	32%
Sugars 8g	
Protein 12g	

Vitamin A 40% • Vitamin C 60%
Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: may contain corn
Carb choices per serving: 2 ½

Beef Tacos

Makes 4 servings

Ingredients

1 tablespoon canola oil
1 medium onion, diced
3 garlic cloves, minced
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
⅛ teaspoon ground cayenne pepper
1 pound lean (93 percent) ground beef
½ cup low-sodium tomato sauce
½ cup fat-free low-sodium chicken broth
1 tablespoon cider vinegar
8 hard taco shells

Directions

1. Heat oil in a pan over medium heat until hot.
2. Add onion and cook for about 5 minutes.
3. Stir in garlic and spices and cook for about 20 to 30 seconds.
4. Stir in ground beef, breaking it up with a spoon while it cooks. Cook for about 5 to 7 minutes or until it is no longer pink.
5. Stir in tomato sauce, broth and vinegar. Bring to a low simmer.
6. Prepare taco shells according to package directions.
7. Divide meat mixture evenly into shells. Top with your favorite toppings, if desired*.
8. Serve warm.

*Option not included in nutrition facts.

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MAIN DISH

Nutrition Facts

Serving Size 1 cup (237g)
Servings Per Container 10

Amount Per Serving	
Calories 350	Calories from Fat 160
	% Daily Value*
Total Fat 18g	**28%**
Saturated Fat 11g	**55%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 100mg	**4%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 0g	**0%**
Sugars 32g	
Protein 9g	

Vitamin A 10% • Vitamin C 2%
Calcium 25% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk

TIP

If you want to make a more healthful hot chocolate, try replacing the half-and-half with reduced or fat-free evaporated milk and use skim milk instead of 2% milk. You'll cut the total fat and saturated fat in half!

= low sodium GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

nutr-ah-55871 (12/13)

TIP

If cutting up an onion brings tears to your eyes, try placing it in the freezer for 15 minutes before dicing. You can also dice it under cool running water.

= low sodium

Visit allinahealth.org/recipes for more healthful recipe ideas.

nutr-ah-55729 (9/13)

Nutrition Facts

Serving Size 2 Tacos (230g)
Servings Per Container 4

Amount Per Serving

Calories 410	Calories from Fat 160
	% Daily Value*
Total Fat 18g	**28%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 340mg	**14%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 5g	**20%**
Sugars 5g	
Protein 27g	

Vitamin A 30%	• Vitamin C 15%
Calcium 8%	• Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, corn

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nutr-ah-27715 (2/17)